UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
150 Broadway
New York 7, N.Y.

January 4, 1946

THE FAMILY CANTEEN

Feeding Workers on the Job

ANNOUNCER: When America went all-out for war-time production, industrial factories went full speed ahead for high production goals. Many new plants sprang up all over the country. They were equipped with the latest mechanical devices and were supplied with the finest materials.

Though the plants were geared to high output, they were only as good as their workers. Many of the workers had to travel great distances to the factories. Some plants were located on the edge of town where there were few or no eating places at which they could get good nutritious meals. To overcome this situation, many war plants installed facilities for feeding workers right on the job. Here they were served wholesome, satisfying meals. Everyone benefited from this venture. Workers grew healthier, production rose, and labor and management relations improved. Though in-plant feeding is not entirely a war-born baby, it was accelerated by the war. Intense interest was created on the part of management and labor, and new and improved nutritional standards were set up by USDA industrial feeding specialists. To tell us how this phase of industry operates, we have with us Mr. _____ of the USDA's Production and Marketing Administration. Mr. _____, about how many industrial workers received job-feeding services before the war?

PMA: I should say there were about two million workers in manufacturing plants who were finding hot meals on the job.

ANNOUNCER: And during the war that number increased?

PMA: Yes -- At the peak of war production, this number skyrocketed to seven million. Add to this another two million who were being fed in utility, transportation, trade, government and other industries, and the figure comes to nine million workers enjoying in-plant feeding.

ANNOUNCER: And not only eating good food, but also learning the why's and wherefore's of good eating.

PMA: Right. Once workers learned why they should eat balanced diets, and once they saw the results, they became dissatisfied with meals that did not meet their dietary needs.

ANNOUNCER: That was almost like a nation-wide school with an enrollment of nine million pupils.

PMA: That is about what it amounted to, _____. I must admit that in some cases, workers did not take too readily to what our USDA dieticians consider wholesome balanced meals.

ANNOUNCER: You mean that even though balanced diets were offered, workers did not take advantage of them?

PMA: That's right. I don't mean that all workers weren't pleased to have inexpensive meals served to them right at the factory. Some people just didn't like being told what to eat. Others had aversions to vegetables. They used to step up to the steam table, and order a serving of potatoes with a helping of macaronni. They often completely ignored the green and yellow vegetables and salads which they should include in their diet at least once a day.

ANNOUNCER: How was this prejudice to proper selection eliminated?

PMA: Some factory dieticians devised what they called "victory lunches." These were specials which included one third of the daily food requirements of a worker. The "victory lunches" were specially priced, and they were served at separate steam tables so that workers could also have the advantage of quick service.

ANNOUNCER: Did this increase the demand for the nutritious meals?

PMA: In some cases. There were, however, still some people who preferred to chose their menus, regardless of whether or not they got their daily share of vitamins, minerals and the other food values so important to health. Visual aids were used to help educate workers in good eating habits. Colorful posters and table tents were prominently displayed. Some had short simple stories telling of the nutritional value of various foods and how they contributed to good health.

ANNOUNCER: And that worked?

PMA: It helped. Gradually workers learned why's and wherefor's of choosing the right kinds of food.

ANNOUNCER: But I have heard that they did not leave their eating habits at the plant.

PMA: No. By getting the habit of eating good one meal a day, the worker became dissatisfied with unbalanced meals. He took his eating habits home with him. And in that way the whole family profited.

ANNOUNCER: And, will, we hope, continue to do so, as in-plant feeding grows throughout the width and breadth of the nation. Mr._____, what are the principal methods used in feeding industrial workers.

PMA: There are four general methods. The centralized food service is operated in either cafeterias or service lunchrooms which are located at accessible points within the plants. Decentralized service consists of a central commissary which provides food that is transported by food trucks to designated stations in the various work-rooms. Then, there is a combination food service by which office employees, and sometimes workers in the main plant, use central cafeteria service, while workers in outlying sections are served from canteens located at convenient points within the plant. Another type is a box lunch service. Boxed meals are conveyed throughout the plant and distributed to workers to be eaten at their work station. These lunches may be prepared in the plant commissary, or may be purchased from a commerical food purveyor.

ANNOUNCER: And I suppose these types of feeding facilites vary with the situation in the plant. Are industrial food services always operated by the plant?

PMA: Not necessarily. In the case of box lunches, for instance, an outside food purveyor may contract with the management to deliver lunches to the plant. There are some plant-owned and - managed lunchrooms and commisaries. Others are owned by the plant, but run by the employees. In still other cases, a concessionaire may lease food service facilities, and assume all the responsibility for the provision of food on a percentage or profit basis.

ANNOUNCER: I am sure that our listeners who are not familiar with in-plant feeding would like to have an idea of what kind of meals are served.

PMA: Well, USDA industrial feeding specialists suggest simple, labor-saving menus that are quick and easy to prepare. They should provide at least one-third of a worker's daily food needs. To help plants operate economically, information is supplied by the USDA on abundant and plentiful foods that should be low in price. Meals may be hot or cold. A typical hot lunch might consist of baked beans, scalloped tomatoes, cabbage slaw, enriched bread and butter, baked apple and milk or other beverage. A cold lunch may be equally nutritious if all the necessary food values are included. For instance, the USDA suggests this cold lunch: fish salad sandwich on enriched bread, tomato and lettuce sandwich on wholewheat bread, fruit cup, peanut cookies and milk.

ANNOUNCER: Well, say, I could go for either of those meals right now.

PMA: Yes, they are both good wholesome meals. The worker whose plant has on-the-job-feeding services is able to enjoy inexpensive wholesome food. As a result, his health generally improves. And he is safer at his work. The employer, too, gains by having healthier, happier wokers in his factory. Accidents and absentism have been found to decrease,while production and labor-management relations have materially improved. A war-accelerated and war-strengthened program, in-plant feeding is here to stay.

ANNOUNCER: Now that the war has ended, I suppose some plants are installing in-plant feeding facilities as part of their reconversion plans.

PMA: That is true. And to aid plants in establishing these facilities, USDA industrial feeding specialists are available to give advice when management requests it. They render free assitance to industrial plants on floor plans,equipment, records, personnel,cost control, nutrition and relared matters.

(more)

FMA: (cont.) For this area USDA industrial feeding specialists may be contacted at _____
(local state Production and Marketing Adm. office.)
Though industrial feedinggrew rapidly during the war, it is a program that the Department of Agriculture is eager to see mature and prosper in a peaceful world.

ANNOUNCER: I am sure we all do. Thank you for coming over this morning, Mr. _____. You have just been listening to _____ of the USDA's Production and Marketing Administrarion.

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U. S. DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
150 Broadway, New York 7, N. Y.

January 11, 1946

THE FAMILY CANTEEN

From Fat Conservation to Fat Salvage

ANNOUNCER: Though fats and oils are now point free, they are still on the hard-to-get list. Shades of our wartime days are still with us. And with us, too, should be some of those fat-saving tricks which we used during the war years. In case you have not been toeing the line on saving fat lately--with the hope that more fats and oils supplies are just around the corner, let me drop a gentle hint that you'd better not be too hopeful--for a while, at least. We all know that right now it is difficult to get butter. And the same holds true for other edible fats. Industrial fats, too, are still short. Housewives are urged to continue to salvage their used kitchen fats. They are needed in the manufacture of soap, and play an important role in recoversion processes. Mr. _____ _____ of the USDA's Production and Marketing has some fat-saving tips which he could like to pass along to you.

PMA: Yes, _____. There is still a vital need for homemakers the country over to conserve their precious supplies of fats and oils. And I cannot emphasize too strongly how vitally important continued or even greater fat salvage is today. The homemaker still has the double job of stretching her fats and oils, reusing them whenever possible, and salvaging rancid fats. There are some fat-saving tricks which many housewives used, even before the war.

ANNOUNCER: You mean such as frying eggs in bacon fat?

PMA: That's the idea. In many cases drippings add their own distinctive flavor to foods for which there is no substitute.

ANNOUNCER: Not only are fats flavorful in some instances, as you just mentioned, but they are a pretty important part of our diets aren't they, Mr._____?

PMA: Fats perform functions in the body that no other foods can take over. A little fat has a lot of calories. Weight for weight, fats supply more than twice as much body fuel as does any other kind of food. It keeps the body warm and gives the human machine energy to keep going.

ANNOUNCER: Don't edible fats and oils contain some vitamins?

PMA: It depends on the fat or oil. For instance, fish-liver oils are good sources of vitamins A and D. Butter supplies vitamin A. So does much of the oleomargarine on the market - that is, the kind that is labeled vitamin fortified.

ANNOUNCER: I suppose we get some of our fats and oils requirements in the foods we eat.

PMA: In many foods. Some comes from foods that have a large amount of fats in their makeup. They include cream, fat meats and fat fish, soybeans, nuts and nut butters, egg

PMA: (Continued) yolks, cheese, and even avocados and olives can supply us with some fats.

ANNOUNCER: I suppose fats and oils as such may be classed in two general groups--those used at the table and those used in cooking.

PMA: Well, that's a pretty fair division. Of course there are many items which fit into both groups--take butter, for instance.

ANNOUNCER: Right now, however, I imagine that it's being used almost exclusively for a spread...or in some other way in which its full flavor is enjoyed. And, of course, we just use a substitute when it comes to cooking.

PMA: That's one nice thing about fats, for all practical cooking purposes, one may be substituted for another. Rich foods, such as pastries, are an exception. When a large amount of fat is used, as in pastry, the slight difference in their makeup does matter.

ANNOUNCER: Well, could you substitute, say, oil instead of a fat in cooking pastries?

PMA: It could be done. The important thing to remember is that when pinch-hitting with oil, mix the oil with water before combining it with the flour. If oil is used in cakes, mix it with the other liquid ingredients. When it comes to pan frying, on the other hand, almost

PMA: (Cont.) any fat or oil may be used. The only thing to remember is that fats vary as to the amount of heat they can stand.

ANNOUNCER: Butter goes up in smoke pretty quickly.

PMA: That's right. It has a low smoking point. So do oleomargarine, drippings and olive oil.

ANNOUNCER: Well, is any harm done to the fat if it should begin to smoke?

PMA: When it reaches the smoking point, fat begins to break down chemically. It gives off fumes with a sharp odor that irritate the nose and throat. A good rule to observe is keep the heat low. In fact, all meat should be cooked at a moderate temperature, not only for the sake of the fat, but also for the protein in the lean part. Fats that have reached the smoking point will get rancid quickly. Then they cannot be reused and should go into the fat salvage can.

ANNOUNCER: May poultry fats be used in much the same way as meat fats?

PMA: The Department of Agriculture recommends that drippings from cooked poultry as well as meat be saved. They may be used to add flavor to some dish or reused at a later date. If you save drippings for reuse, strain them through a clean cloth and store in a closely covered container. Store the container in a dark place, away from strong-flavored or strong-scented foods. Used fats should be reused as soon as possible, and should be kept in an extra cold place, as they spoil more quickly than new fat.

ANNOUNCER: When storing fats for reuse, do you need a separate container for each type of fat?

PMA: Not necessarily. Several kinds of drippings or used fats may be put in the same jar. Always check to make sure that the fat you have saved is not turning rancid before you pour new fat on old.

ANNOUNCER: And if it is rancid scoop it out and into the fat salvage can. Lots of times folks buy meat with extra fat on it. May that be used for cooking?

PMA: Not only for cooking, but some trimmings, such as good-flavored beef or ham fat can season dishes in the same way as you might use salt pork. For instance, on baked or boiled beans. Some trimmings may need to be rendered, and some might need to be clarified as well.

ANNOUNCER: Could you tell us how you "render" trimmings?

PMA: To render fat is to heat it slowly so that it melts and separates from the connective tissue. You can render several kinds of fat together if you wish. Grind or cut into fine pieces fat trimmed from meat. Put in a double boiler or saucepan that can be set in hot water. If the oven is going, set the pan in a slow oven. As soon as the fat is melted, strain it through a clean cloth. This will remove the particles of connective tissue. When the fat is cool, store it in a cold place.

ANNOUNCER: And how would you "clarify" fat, Mr. _____?

PMA: The purpose of clarifying used fats is to take out bits of other food and improve the flavor. To clarify solid fats, such as pork, beef or lamb, pour hot water over the fat. Add a cup of water for each cup of fat. Heat this mixture slowly for ten minutes, stirring well. Strain it through a clean cloth and chill. When the layer of fat which comes to the top, is hard, pour off the water. Then scrape off any dark material that may cling to the underside of the fat. Try to get as much water out as possible. It is important to use clarified fat promptly, as it will not keep indefinitely.

ANNOUNCER: You only mentioned the solid fats. How would you clarify soft or poultry fats and the oils?

PMA: When they are very soft--at room temperature--add about four or five thin slices of raw potato to each cup of fat. Cook slowly over low heat for about 20 minutes. Strain the fat through a clean cloth and cool.

ANNOUNCER: Now that we know how to save and store used fats, what are some of the best ways to reuse them?

PMA: They may be used in gravies, in sauces for scalloped dishes, or added to soups. Vegetables may be cooked or flavored with used fats. They may be used in piecrusts, cakes, gingerbread, waffles, muffins or biscuits. Fats go into stuffings for poultry and meat, macaroni and other cereal

PMA: (Cont.) dishes. And I suppose that every cook has some favorite use for her used fats. The thing to remember is not to use rancid fat for food. Because it is unpleasant and unwholesome, such fats should be save for fat salvage.

ANNOUNCER: And when you have a pound of kitchen fats that you can no longer use, take it to your butcher.

PMA: He will give you four cents for every pound you turn in. Not only will you be helping yourself to more soap--for fats are an important ingredient in soap manufacture--but you will be helping Uncle Sam in his recoversion processes. To help you conserve your fats and oils when cooking, the Department of Agriculture has prepared a booklet which gives some good basic fat-saving recipes. If you would like to obtain a free copy of this booklet, just write to the Production and Marketing Administration, U. S. Department of Agriculture, 150 Broadway, New York 7, N. Y. The name of the booklet is Fat Saving Recipes.

ANNOUNCER: Now let me see--that's the Production and Marketing Administration, U. S. Department of Agriculture, 150 Broadway, New York 7, N.Y. And the booklet is Fat Saving Recipes. Well, thank you for coming over this morning Mr. _____ of the USDA's Production and Marketing Administration.

United States Department of Agriculture
Production and Marketing Administration
120 Broadway
New York 5, N. Y.

January 18, 1946

THE FAMILY CANTEEN

Feeding Our Philippine Neighbors

ANNOUNCER: The invasion and occupation of the Philippine Islands by the Japanese was a tragic period for all the Island inhabitants. Now the war is over, and the Filipinos are once again free, but they are still badly in need of food. The invaders not only commandeered most of their food stocks, but they also laid waste to the fields throughout the land. It will take time and money for the Islanders to get their fields back in working order. Until they do, like the rest of the liberated countries of the world, they are dependent on the United States for part of their food requirements. The U. S. Department of Agriculture has announced that allocations of food stuffs for the first quarter of 1946 have been approved. To tell us more about these allocations we have with us today, Mr. _____ _____ of the USDA's Production & Marketing Administration. Mr. _____ just what type of foodstuffs are we going to ship to the Philippines?

PMA: Well, _____, they include grain, canned meat and fish, fruit and vegetables, dried fruits, milk, fats and oils, sugar and soap.

ANNOUNCER: Has any rice been allocated to the Islands?

PMA: Yes it is included under grain. Rice is one of the commodities that is very important to Filipinos. In fact, it is their main food.

ANNOUNCER: Rice is in pretty short supply the world over, isn't it, Mr. ____?

PMA: Yes, it is. Before the war Philippine rice supplies were largely home grown.

ANNOUNCER: And they imported quite a bit from the Far East.

PMA: That's true. The war caused extensive damage to rice fields and brought about severe shortages in the Far Eastern exporting countries. Consequently, the Philippines are greatly dependent upon the United States and other sources of supply for this staple.

ANNOUNCER: Just how much rice has been allocated to the Islands, Mr. ____?

PMA: For the first quarter---that is from January through March---Philippine rice allocations equal 120,000,000 pounds.

ANNOUNCER: How does this compare to what we civilians will get at home?

PMA: Civilian allocation for the same period are one billion 925 million pounds.

ANNOUNCER: When you mentioned sugar a while back, the thought came to me that we used to import large quantities from the Philippines. Now war has made it necessary for the Filipinos to turn to us for that product.

PMA: Yes, _____. Prior to Pearl Harbor the Philippines normally supplied the United States with close to one million tons of sugar a year. Now, the tables are turned, for a while at least...until the industry can return to its producing capacity.

ANNOUNCER: Well, how much sugar are we sending to the Philippines?

PMA: A total of 2,000 short tons of raw sugar.

ANNOUNCER: And how much is set aside for civilians at home.

PMA: For the first quarter, 1,100,000 tons. Commercial exports, including U. S. territories, are set at 13,591 tons. Since sugar is a scarce commodity, only half of the 2,000 tons allocated to the Philippines can be procured commercially.

ANNOUNCER: And how will the other half be obtained?

PMA: The remaining 1,000 tons are being procured by the Department of Agriculture, when the sugar is available. The same holds true for all the rice allocated to the Islands.

ANNOUNCER: What about the other commodities, are they being procured commercially in this country?

PMA: Yes, _____. They are being obtained in the United States, after the Department of Commerce sets up export licenses.

ANNOUNCER: Just what quantities of these other commodities are we shipping to the Pacific?

PAN: Starting at the top of the list with canned fish -- we have 25,850,000 pounds of canned fish. Canned meat --- for January through March -- was approved at 6,000,000 pounds and salt and pickled pork at one million pounds.

ANNOUNCER: That sounds like an awful lot of meat when you talk in millions of pounds, but I suppose compared with what was allocated to us at home it is a mere drop in the bucket.

(CONTINUED ON NEXT PAGE)

PMA: Well, I'll let you draw your own conclusions. The total meat allocation for this present quarter is six billion pounds. Of this quantity, civilians have been allotted 84 percent.

ANNOUNCER: Which is over 5 billion pounds of meat. What do we have next on the list, Mr. _____?

PMA: Next come dairy products...that is evaporated and sweetened condensed milk. All in all, 17,400,000 pounds of these commodities have been allocated to the Philippine Islands.

ANNOUNCER: Has any butter or cheese been alloted to them for this quarter?

PMA: No. The stocks are in too short supply here at home. On the other hand, there is an ample civilian supply of the canned milks I mentioned before.

ANNOUNCER: How about canned fruits and vegetables?

PMA: Four hundred and fifty-six thousand cases of vegetables are going to the Philippines. Each case contains twenty-four No. 2 cans. They include tomatoes, corn, pork and beans, vegetable juices and catsup and chili sauce. Peaches and pears make up the Philippine canned fruit pack which is 138,400 cases, with 24 No. 2½ cans to a case. We are also sending 1,113 short tons of dried fruits... raisins, prunes and others as well as 3,000,000 pounds of dried peas.

ANNOUNCER: Are we asking any subsidy?

PWA: So far, allocations for cinnamon, pepper and othe spices, as well as corn, are still under discussion.

ANNOUNCER: Mr._____, what is the cocoa situation?

PWA: The full quantity of cocoa as well as sugar, butter and cheese, asked for was not approved under USDA allocations. The Philippines, however, are procuring in the United States, 1,120,000 pounds of cocoa beans.

ANNOUNCER: I realize that fats and oils are tight here at home, but are any going to the Philippines?

PWA: Yes. They are an important part of the diet. The USDA has approved an allocation of 1,325,000 pounds. Included in this quantity are lard, vegetable shortening, oleomargarine, soybean oil, stearin--vegetable, that is---and linseed oil. While we are on the subject of fats and oils, you may be interested to know that we are also sending 1,829,000 pounds of soap---medicated, laundry, and toilet soaps as well as shaving soap and cream.

ANNOUNCER: Now that's another good reason for salvaging all used kitchen fats.

PWA: It is indeed_____. If we want to help our Philippine neighbors as well as ourselves to larger supplies of soap we should continue to salvage fat which go into soap. When a pound has been saved, it should be taken immediately to the butcher or grocer. He will pay four cents for it and send it on to the renderer from where it will go to the manufacturer.

ANNOUNCER: It is interesting to know where our exported food goes, especially when some of it is used for the worthy cause of feeding our Philippine allies.

U. S. DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
150 Broadway, New York 7, N. Y.

January 24, 1946

THE FAMILY CANTEEN

Copious Cabbage

ANNOUNCER: Many of us remember Mrs. Wiggs of the Cabbage Patch. She was the lady who fed her family cabbage and more cabbage. Right now, American homemakers should be following Mrs. Wiggs' example by serving this nutritious vegetable generously and often. These are the days when this versatile vegetable is very plentiful on the market. To tell us about the cabbage situation Mr._____ _____ of the USDA's Production and Marketing Administration has come over this morning. Mr._____, just how much cabbage is on hand right now?

PMA: On January 1 the over-all stocks of storage cabbage were placed at 68,600 tons. That is about 15 percent of the 1945 record high production of Danish type cabbage.

ANNOUNCER: Danish type--that's the storage type, isn't it?

PMA: Right.

ANNOUNCER: It seems to me that if I remember correctly, last year cabbage stocks were pretty low.

PMA: They were at a record low. This year, on the other hand, stocks of storage cabbage are three times as large as they were a year ago. Compared to the 10-year average -- for

PMA: (Cont.) 1935 to '44 -- this year's stocks are 22 percent greater.

ANNOUNCER: In other words, we have plenty of cabbage. Comparatively speaking, how does the 1945 cabbage crop compare with other years, Mr. _____?

PMA: Let's take New York as an example. Approximately 85 percent of the total storage stocks are usually held there. Right now, stocks in the Empire State are more than three times those of a year ago and are the heaviest since January, 1939.

ANNOUNCER: Well, how come so much cabbage was stored this season?

PMA: There are two reasons. First, last-fall there were relatively large supplies of cabbage available. And second, with onion supplies insufficient to fill storages, cabbage was stored in considerably heavier volume than in recent years.

ANNOUNCER: And with large volumes of this vegetable available, I should imagine that cabbage is an economical buy for the thrifty housewife.

PMA: Yes, Danish cabbage is a good buy these days. But not only is it economical, it's a nutritious buy as well.

ANNOUNCER: Cabbage ranks high as a source of vitamin C.

PMA: Yes. Along with citrus fruits and tomatoes, cabbage is one of the best sources of this important vitamin. In fact, raw cabbage may supply as much as one half our daily requirement for vitamin C.

ANNOUNCER: Cabbage is also rich in other vitamins, isn't it?

PMA: Oh, yes. It also contains some B_1 or thiamin, vitamin G or riboflavin, niacin, and some minerals--calcium, iron and phosphorus. The outer green leaves also add their share of vitamin A to the food values of cabbage. But we consider cabbage primarily as a source of vitamin C.

ANNOUNCER: That's the delicate vitamin which perishes when exposed to too much air, heat or water.

PMA: Which of course, makes it doubly important that it is prepared in the quickest possible time.

ANNOUNCER: The other day I happened to come across an old cookbook that belonged to my grandmother. Just for fun I browsed through it to see how my wife's cooking should rate with my Grandmother's. Well, I came across some cabbage recipes which said to steam it an hour and a half, bake for two hours and boil for three hours.

PMA: I certainly hope your wife doesn't follow those old fashioned recipes. USDA home economists tell us that one of the best ways to eat cabbage is raw--say, as in cole slaw. Or if it is to be served cooked, it should be cooked until tender. They say for shredded cabbage it should be cooked from 5 to 10 minutes. For cabbage cut in quarters, the cooking time is a little longer--10 to 15 minutes.

ANNOUNCER: That ought to be good for the busy housewife. A while back we said it was a versatile vegetable.

PMA: It certainly is. Why just the other evening my wife served what she called panned cabbage.

ANNOUNCER: Say that's a new one to me. What did it look like?

PMA: Well, the cabbage was cut in small pieces, but it wasn't shredded. Since it was so tasty, I decided it must be a pretty complicated dish to fix. When I suggested this to my wife, she said it was very easy. All she did was melt two tablespoons of fat in a heavy flat pan, add a quart of cabbage and covered it to hold in the steam. She let is cook slowly until it was tender, but not mushy, and stirred it now and then so the cabbage wouldn't stick to the pan. When it was ready she added salt, pepper and some cream for seasoning. The finished product was a mighty tasty dish.

ANNOUNCER: It sounds good to me. I suppose there are many ways to fix cabbage hot.

PMA: Well, I'm sure you've had hot sauerkraut at some time-- especially with spare ribs. Or you may have had cold sauerkraut with frankfurters at the old hot dog stand.

ANNOUNCER: We have a sauerkraut dish at our house that's dandy. It's a casserole dish. Let's see, it starts at the bottom with a layer of kraut, then a layer of cooked noodles and so on to the top. It's covered with a layer of ground pork sausage. Then the whole thing is baked in the oven.

PMA: There are lots of ways of using sauerkraut. Did you know that the juice may be served as a meal starter? Some families like their's straight. In our house we generally

PMA: (Cont.) mix in a little lemon juice, and I've had it mixed with half kraut juice and half tomato juice. That's good, too.

ANNOUNCER: So far in this discussion we have neatly avoided the one way you said the vitamin C could best be preserved--

PMA: You mean by serving cabbage raw. Well, I was coming to that. Raw cabbage can provide up to one half of our daily requirement of vitamin C. Cole slaw is one easy and delicious way to serve raw cabbage. In fact, it's so easy to fix that I've done it myself.

ANNOUNCER: Well, say, Mr._____, maybe you'd like to tell us your secret recipe.

PMA: There's no secret to this recipe. All you have to do is cut the cabbage in quarters, wash it thoroughly in cold water, drain, shred and set aside in a cold place until crisp. Then add the kind of sauce you prefer. I usually let the official cook in our family make the more complicated part such as the sauce. She has a sour cream dressing that goes well with cole slaw. Of course, nearly everybody likes shredded cabbage mixed with equal parts of chopped or grated raw carrots. Some folks like ground peanuts added to this mixture. The peanuts, by the way, add protein value to the salad.

ANNOUNCER: Well, Mr. _____, I am now doubly convinced that cabbage is a versatile nutritious vegetable.

ANNA: Yes, _____, this vegetable, so rich in vitamin C, also contains B_1, and G as well as niacin, and the minerals - calcium, iron and phosphorus. Cabbage may be served hot or cold, and in a variety of ways. Next time you are shopping for a good buy, select a firm head of cabbage that's heavy for its size. You'll not only be getting an economical buy, but you will be buying inexpensive nutrition. There's plenty of cabbage right now, so take advantage of it while you can.

ANNOUNCER: Well, thanks for coming over this morning, Mr. _____ of the USDA's Production and Marketing Administration.

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U. S. DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
150 Broadway, New York 7, N. Y.

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Information Ser.
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January 30, 1946

To: State Officers of Marketing and Assistant State Directors

From: James S. Livingston, Acting Chief
Information Service
Northeast Area

Subject: Radio Script - Family Canteen

We invite your inspection of the enclosed radio script, "FAMILY CANTEEN," which represents an effort to provide a script dealing with food topics of general interest to radio listeners but which will enable you to "get out of the kitchen" in discussing these subjects.

It is our intention to have this weekly script service to you built around the more important food developments of the previous week. For instance, the story on the availability of canned fruits and vegetables for the 1945-46 pack year is, we think, a better subject for discussion by you than "27 Ways to Prepare Cabbage in the Home".

If you like this new FAMILY CANTEEN, we'd like to hear about it, and we would be happy to learn that you have arrangements with one of your local radio stations to broadcast this information each week or as often as possible. Conversely, we will welcome your criticisms and suggestions with equal warmth.

FAMILY CANTEEN henceforth will reach you earlier in the week, and the subject matter will be, accordingly, considerably more timely.

U. S. DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
150 Broadway, New York 7, N. Y.

THE FAMILY CANTEEN

January 30, 1946

(Topics of the Week:
Canned food allocations
Turkey supplies
Meat Stretchers)

ANNOUNCER: Family Canteen--timely food topics of interest to the consumer. Each week the Department of Agriculture brings you news of what is happening on the food front. Today we have with us Mr. _____ _____, Assistant State Director of the _____ office of the USDA's Production and Marketing Administration. Mr. _____ is going to discuss the civilian share of canned foods, the present stock of turkeys and how to stretch short meat supplies. Mr. _____, suppose we start at the top of the list. Just how do present civilian supplies of canned fruits and vegetables compare with those for last year?

PMA: Very favorably. For the period July 1, 1945 to June 30, 1946, we have been allocated more canned foods than for any time since the beginning of the war.

ANNOUNCER: Just why do you date the year from July 1, 1945 to June 30 of this year?

PMA: That period is referred to as the "pack" year. As you know, the start of the harvest year is generally around the beginning of the summer. As soon as crops are harvested, they are usually processed. Since the pack year dates back to July 1, it means that we have already consumed a good part of the year's

PMA: (Cont.) supply. By taking the year as a whole, however, we get a better over-all picture of the canned foods supply.

ANNOUNCER: Of the entire canned vegetable pack, how much is going to civilians?

PMA: The estimated total pack is 275 million cases. We civilians have been allotted a little over 247 million cases.

ANNOUNCER: That's the major part of the pack. Just how does that compare with last year's civilian allocations?

PMA: Last year we only had a little over 204 million cases of canned vegetables. One reason for our increased share is that military takings have been sharply reduced.

ANNOUNCER: When we speak of canned vegetables, does that include soups?

PMA: Not only soups, but also baby foods and purees, and other vegetable products such as chili sauce, catsup and tomato juices, sauces and paste. Incidently, babies have been allotted over 13 million cases of baby foods and purees. This is three million cases more than they had last year.

ANNOUNCER: Getting down to specific commodities, what vegetables make up the major canned vegetable packs?

PMA: Peas head the list, with tomato juice, soups, corn, baked beans, whole tomatoes and snap beans comprising the major canned vegetable products.

ANNOUNCER: Is it true that actual packs for most items were down last year?

PMA: On the whole. There are a few exceptions. Civilian supplies of canned beets for instance, took a jump of about 8 percent, and peas nearly 50 percent.

ANNOUNCER: How have canned tomato juice supplies shaped up?

PMA: Though the pack is about the same as last year, civilians shares this year are nearly ten million cases over last year's. The pack for whole tomatoes, on the other hand, decreased six million cases. Even so, we are getting nearly a million more cases than we had a year ago. Canned soups are about the same as last year, but baked beans are a little more than a million cases less than we had a year ago, and nearly five million cases under the pre-war average.

ANNOUNCER: Are there any other canned vegetable which we'll be seeing more of now?

PMA: Sauerkraut is back on the market in good supply. In fact this year's civilian average pack is higher than in pre-war years. Hominy, too, is back in cans.

ANNOUNCER: And how do supplies of canned fruits and fruit juices compare with previous years?

PMA: This year's estimated total pack is nearly 62 million cases--that is not counting citrus varieties. Of this total, civilians have been allotted approximately 45 million cases.

ANNOUNCER: Is it true that peaches head the list of canned fruits?

PMA: Without a doubt. This year's pack, by the way, is about a million cases over the 1944 pack, and civilian allocations this year have jumped from four million to eleven million cases. As you know, we had a bumper peach crop in '45.

PMA: (Cont.) Add to this the fact that non-civilian needs have been greatly reduced. Pears, too, have shown a tremendous increase over last year.....about 300 percent. On the other hand, apricots, which make up the third largest canned fruit pack, are down 25 percent under last year's total.

ANNOUNCER: You mentioned peaches as first and apricots as third, what generally makes up the second largest pack?

PMA: Pineapples. Though this year's pack is about the same as a year ago, we have two million more cases than we did then. We have just twice as much fruit cocktail as we did in the previous pack year, and our share of pineapple juice has increased by about three million cases. Berry supplies have increased over last year, but are still well under the pre-war average. That means that we won't be able to have all the berry pies we would like. The same is true for apple and cherry pies. Both of these fruits are in short supply.

ANNOUNCER: Even though actual packs for some commodities are in short supply, it is good to know that military outbacks have made it possible for us to have more canned vegetables and fruits than we did last year.

PMA: We must keep in mind, however, that a good part of these products has already been consumed.

ANNOUNCER: Does the same hold true for turkeys?

PMA: There is a good supply on hand right now. In fact, a recent Cold Storage Report indicates there are over 105 million pounds of these lucious birds still available. There are plenty of big birds, too, in many cases twenty pounds and over.

ANNOUNCER: They all sound very appetizing.

PMA: Not only that, but they are nutritious ways to serve and stretch short meat supplies.

ANNOUNCER: Thank you for coming over this morning, Mr. _____ of the USDA's Production and Marketing Administration. Listen in next week for another addition of Family Canteen.

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